

HARVEST TEA PARTY

Treat yourself to a special Harvest Tea Party hosted by Joanne Pratt on Thursday, September 29th from 12:30 p.m.-2:00 p.m. Tea sandwiches and delectable goodies along with assorted teas will be served. Sample the delicious food offerings, enjoy the company and conversation, and relax over a cup tea. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday, September 26th, or until all spots are filled, whichever comes first. This event is for Foxboro residents. As always, please bring your favorite tea cup.

Monday, September 19

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Tuesday, September 20

Stretch & Balance 8:30 a.m.

Nutrition Class 11:00 a.m.

Movie Day-“Crazy Heart” 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 21

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Wal-Mart 1:00 p.m.

TRIAD 1:00 p.m.

Coping with Grief (for registered participants) 1:00 p.m.

Zumba 2:30 p.m.

Thursday, September 22

Big E Trip-departing from St. Mary's at 10:00 a.m.

Ceramics 9:00 a.m.

Cholesterol Clinic 9:00 a.m.

Men's Cookout 12:00 p.m.

Friday, September 23

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

SPECIAL EVENTS AND PROGRAMS

SAN ANTONIO FIESTA IN 2012

Come to the senior center on Friday, September 30th at 1:00 p.m. to hear about our “Big Trip” for 2012. We will be traveling to San Antonio, Texas, with Tours of Distinction for 6 days from April 19th through April 24th. Tour highlights include The Alamo, San Antonio Fiesta, Riverwalk Cruise, Austin City Tour, LBJ Ranch, San Jose Mission, a Cowboy Dinner, and much more. Details about the fabulous accommodations, itinerary and pricing will be given at the meeting.

COMPUTER CLASSES ARE BACK!

Our computer classes will resume with weekly instruction beginning on Thursday, October 6th. These classes will be held in the beautiful Coppola Computer Lab at the senior center and will be offered FREE by the instructor, Kevin Gleason. Kevin is a semi-retired associate professor of business subjects having taught 22 plus years at the college level. He received his undergraduate degree from Providence College and Master of Science in Management from Lesley University, and worked in the private sector prior to teaching. Professor Gleason is an internationally published author and continues teaching at ITT Technical Institute, contributing to international computer security forums, as well as offering computer classes at other area senior centers. Each week beginning at 9:00 a.m., Kevin will present one of four classes on 'Computer Basics'. The first 4-part series will be held on Thursdays from October 6th through October 27th. If you have participated in these classes previously, Kevin is interested in forming a Seniors Computer Club building on the 'Basics' skills. Please let us know if you are interested in these opportunities by calling 508-543-1252 to sign up.

COA/HESSCO EVENING SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA in collaboration with HESSCO for an evening of socializing and sharing a meal together? Our next evening meal will be on Thursday, October 6th beginning at 5:00 p.m. The menu will include Pizza, Salad, and Dessert. A voluntary donation of \$2.50 per person can be given that evening. To make your reservation or to arrange for transportation needs, call us at 508-543-1252 by Tuesday, October 4th.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 5th, October 12th, October 19th, and October 26th. Please call the senior center at 508-543-1252 to sign-up.

NUTRITION CLASS SPECIAL SPEAKER

On Tuesday, September 20th at 11:00 a.m. Stacey Hiltner of Community VNA will be doing a program entitled 'Power of Positive Thought' during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Wednesday and Thursday afternoons throughout the summer. Our last trip for this year will be to the Big Apple in Wrentham on Thursday, September 29th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

SCAM ALERT

Police are warning residents that several banks in the area have reported a phone scam which asks customers for their debit card number. According to the alert, Eastern Bank's Corporate Security Department received information that several customers, non-customers and employees had received "robo-calls" — or an automated phone call — purporting to be from Eastern Bank. The call featured a pre-recorded message saying that the recipient's Eastern Bank MasterCard has been compromised and asking the recipient to enter his or her debit card number. There may also be a similar call which asks the customer to enter his or her debit card number to

activate it. The calls are automated and not from the bank, according to the alert, and are being used with the intent to defraud the customer. Police said that Sovereign Bank, Bank of America and Citizens Bank are also targeted in the scam.

MEDICAL INFORMATION AND SERVICES

FLU SHOTS

This year the Board of Health will be getting a very limited supply of flu vaccine. Due to the directive of the Massachusetts Department of Public Health, that supply must be prioritized to persons without insurance and persons whose insurance does not cover the cost of flu vaccine. The best place to get a flu shot is your doctor's office. However, some physicians do not offer the vaccine. In that case, there are many other places that offer flu shots. Many retail pharmacies are offering flu vaccine. Some of the pharmacies will bill insurance companies directly for the vaccine, but some stores expect payment up front, and will provide a receipt to submit to the insurance company for reimbursement. It is important to check with your insurer in advance as to whether they will reimburse for a vaccine administered outside of a physician's office. For persons with no insurance, or whose insurance does not cover the cost of the vaccine, call the Board of Health for more information at 508-543-1207.

CHOLESTEROL SCREENING

We will be holding a Health Promotion Clinic on Thursday, September 22nd from 9:00 a.m. until 11:00 a.m. Our Public Health Nurse will provide screenings for total cholesterol, diabetes, and blood pressure. There will be no separate appointments for blood pressure at the senior center this day. Please call the senior center at 508-543-1252 to make an appointment.

HEARING CLINIC

Mass Audiology holds free hearing clinics quarterly at the senior center. Our next clinic will be on Monday, September 26th at 10:00 a.m. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

REGULARLY SCHEDULED

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on September 26th. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

COFFEE HOUR WITH THE VETERAN SERVICE OFFICER

Veterans' Agent, Mike Johns, will be holding a coffee hour at the senior center on the 4th Monday of each month. He will hold the next coffee hour on Monday, September 26th at 2:00 p.m. Stop in to meet, say hi or to set up a future appointment. All veterans, veterans' dependents or veterans' widows/widowers are welcome to drop in with questions, concerns or to learn about benefits. If you are unable to attend the coffee hour at the senior center, Mike can be reached by calling the Veterans Office at town hall at 508-543-1204. His office hours at town hall are Monday, Wednesday, and Thursday 8:30 a.m. – 4:00 pm; Tuesday 8:30 a.m. – 8:00 p.m.; and Friday 8:30 a.m. – 12:00 p.m. You may also reach Mike through the town website at http://www.townfoxborough.us/pages/FoxboroughMA_Veteran/index

MEN'S COOKOUT

Come and enjoy a cookout lunch on Thursday, September 22nd at 12:00 p.m. for the final Men's Cookout of the season. Town Finance Director, Randy Scollins, will be our presenter. He will be talking about the experiences

which landed him here in Foxborough as well as the financial challenges we face here in Foxborough from a big picture perspective. The menu will be Sausage with Peppers & Onions in a Roll, Corn on the Cob, Potato Salad, Ice Cream, and Lemonade. The meal will be provided in collaboration with HESSCO. A voluntary donation of \$2.50 per person can be given that day. The men will be served lunch at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. As always, everyone is welcome to join us after lunch has been served for the presentation portion of the program free of charge. To participate in this cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, September 20th.

MOVIE DAY

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, September 20th at 12:30 p.m. when our feature presentation will be "Crazy Heart." When reporter Jean Craddock (Oscar nominee Maggie Gyllenhaal) interviews Bad Blake (Oscar winner Jeff Bridges) -- an alcoholic, seen-better-days country music legend -- they connect, and the hard-living crooner sees a possible saving grace in a life with Jean and her young son. But can he leave behind an existence playing in the shadow of Tommy (Colin Farrell), the upstart kid he once mentored? Robert Duvall produces and co-stars. This movie is rated 'R' and has some serious subject matter, but was very highly acclaimed and won several Oscars. Please call 508-543-1252 to sign-up.

TRIAD

What is TRIAD? TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month at 1:00 p.m. Our next meeting will be on September 21st. Everyone is welcome to attend these informational sessions. For information on the TRIAD programs, please call the senior center at 508-543-1252.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 21 Wal-Mart

September 28 Luncheon Outing at Chateau in Norton (rescheduled from 8/31/11)

September 29 Ice Cream Days-The Big Apple at 1:30 p.m.

October 5 Kohl's @ Mansfield Crossing

TRAVEL AND ENTERTAINMENT

FRIENDS HOLIDAY BOSTON POPS TRIP

Enjoy some holiday cheer as you listen to an engaging performance by "America's Orchestra" on Thursday, December 15, 2011. Join the Boston Pops and the renowned Keith Lockhart for a sensational day of memorable music at historic Symphony Hall. Keith Lockhart himself will be conducting the matinee performance of "The Holiday Pops" complete with a visit from Santa! You will have reserved first balcony seats for the 4:00 p.m. matinee show. Prior to the show, you will visit Copley Plaza and the Prudential Shops for shopping and dining on your own. Before returning home, you will tour the Boston Common and view the beautiful Christmas lights display. Your luxury motor coach will depart from Town Hall on December 15th at 1:00 p.m. and will return home at approximately 7:30 p.m. The cost for this spectacular day is \$77 per person and will include driver gratuity. Sign-up for this trip at the Friends annual meeting on Saturday, September 17th at the senior center.

Coffee and the meeting begin at 9:30 a.m. A \$25 deposit will be due at the sign-up and the remainder of the payment will be due by Tuesday, November 8th. Checks should be made payable to "Friends of Foxboro Seniors." No cash please. Adele and Milli will accept payments at the senior center on Monday and Tuesday afternoons.

JACK-O-LANTERN SPECTACULAR

Are you looking for something different and unique to try? Then come and join us as we travel to Rhode Island on Thursday, October 27th as we visit the Jack-O-Lantern Spectacular at the Roger Williams Park Zoo. Begin your evening at Spumoni's Restaurant in Pawtucket Rhode Island, one of Rhode Island's favorite Italian & Seafood Restaurants. Your meal will include Tossed Salad; Choice of Lasagna, Chicken Parmigiana with Ziti, or Baked Scrod with Potato & Vegetable; Coffee/Tea, and Dessert. After dinner, experience the Jack-O-Lantern Spectacular featured by the Early Show, CNN, & Associated Press. You will be amazed by the glow of thousands of pumpkins artfully carved depicting famous people, places and scenes. Don't miss this Halloween hot spot! The cost for this magical evening is \$63 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, September 30th. Your motorcoach bus will depart from St. Mary's Church parking lot at 3:30 p.m. on Thursday, October 27th and will return home at approximately 9:15 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 19

Pork Tetrazzini
Country Blend Veggies
Multigrain Roll
Artic Ice

Tuesday, September 20

Apple Cider Beef Stew
Boiled Potatoes
Dinner Roll
Apple Cake

Wednesday, September 21

Meatloaf W/Gravy
Augratin Potatoes
Carrot Coins
Whole Wheat Roll
Pears

Thursday, September 22

Vegetable Soup
Pineapple Ginger Chicken Breast
Asian Rice
Whole Wheat Roll
Fresh Fruit

Friday, September 23

Scallop & Shrimp St. Jacques
Brown Rice
Peas
Muffin
Peaches